

# **Community Health Resource Center Materials – Your Contacts To Get More**

## **Materials From Columbus Health Department Programs**

### **Ben Franklin TB Clinic: 614/645-2199**

Tuberculosis Facts – The TB Skin Test

### **Emergency Preparedness: 614/645-0308**

American Red Cross Class Schedule

Anthrax Vaccine

Are You Ready For A Flood or a Flash Flood

Are You Ready For A Thunderstorm

Are You Ready For A Tornado

Be Informed - Biological Threat

Be Informed - Chemical Threat

Chemical Emergencies - Facts About Ricin

Disaster Preparedness for Pets

Family Communications Plan

FAQ About Food Safety & Terrorism

Food & Water in an Emergency

Shelter in Plan Card

Empowerment Takes More than a Minute

### **Environmental Health: 614/645-8554**

An Update on Formaldehyde

What You Need to Know About Mercury

Protect the Ones You Love from Rabies

West Nile Virus: A Public Health Guide

West Nile Virus: Questions and Answers

Improved Cockroach Control Guide

### **Food Safety Program: 614/645-8554**

Assuring the Safety of Eggs

BAC-Catcher Game

Cooking for Groups

Fight Bac, Four Simple Steps to Food Safety

Food Safety For Seniors

Handwashing Song

Listeriosis & Pregnancy: What Is Your Risk

Thermometer, Use a Thermometer

### **Health Promotion Program: 614/645-7213**

Eat, Breathe, and Dine Smoke Free!

Environmental Tobacco Smoke

Franklin County Smoking Cessation Program List

Helping Smokers Quit

Quit Line

Quit Smoking for Baby and You

Quitting for Life

Weight Control Guidance in Smoking Cessation

VERB Comic Book  
VERB Post Card  
101 ways of making Columbus the healthiest city in America  
Small Steps: Big Strides  
Promoting Physical Activity Among Youth: It's Everyone's Business  
Series of 7 Heart Health – Heart Disease Risk Factor Brochures  
    You Can Quit Smoking  
    Live longer. Take care of your heart.  
    Finding a Healthy Weight for You  
    You Could Have High Blood Pressure  
    Reduce Your Risk of Diabetes  
    Stay Active for Better Health  
    You Could Have High Blood Cholesterol

**Healthy Homes Program: 614/645-6226**

A Brief Guide to Mold, Moisture and Your Home  
A Citizens Guide to Radon  
Asthma Speakers Kit  
Clear your Home of Asthma Triggers  
Control Asthma Triggers  
El Radon  
Health at Home: Controlling Asthma  
Indoor Air Hazards Every Home Owner Should Know About  
Indoor Air Quality: Tools for School  
Mold Remediation in Schools and Commercial Buildings  
Take the Smoke-Free Home Pledge  
Taking Charge of Asthma

**Injury Program: 614/645-6170**

4 out of 5 Car Seats are Used Wrong (English & Spanish)  
Most Kids Ages 4-8 Are Riding at Risk (English & Spanish)  
Childproofing Your Home  
Smoke Detectors Can Save Your Life  
Your Bicycle Helmet

**Lead Screening Program: 614/645-6147**

About Lead and Pregnancy  
El Envenenamiento Por El Plomo y Sus Niños  
Free Lead Testing  
Healthy Indoor Painting Practices  
Keep Your Child Lead Safe  
Lead Poisoning and Your Children  
Lead Poisoning: What You Need to Know to Protect Your Family  
Protect Your Family From Lead in Your Home  
Proteja a Su Familia en Contra del Plomo en su Casa

**Project Love: 614/645-6568**

Las vacunas: ayudan a mantener nuestros niños saludables  
talaalku...Waa darbiga kaceliya cudurada carrurta  
Immunizations...building blocks for health tots

**Safe Communities Program: 614/645-0867**

4 de cada 5 asientos de seguridad se usan incorrectamente  
4 out of 5 Car Seats are Used Wrong

Keep Kids Alive Drive 25  
Most Kids Ages 4-8 Are Riding at Risk  
Pedestrian Safety  
Preventing the #1 Killer of Children

**WIC: 614/ 645-6668**

Choose Breastfeeding  
How Will You Feed Your baby?  
Eating Right! Feeling Good  
Feeding Your Baby  
Feeding Your 1 Year Old  
Feeding Your 18 Month Old  
Feeding Your 2 Year Old  
Feeding Your 3 Year Old  
Feeding Your 4 Year Old  
Feeding Your 5 Year Old  
Nutricion Esencial  
Helping Your Child to Grow Slimmer  
Tips for Mothers and Fathers: Activity  
Pregnancy Basics. Your Complete Guide to Healthy Pregnancy  
Women Infants Children, WIC Works...Let Us Help!  
We Grow in Ohio Coloring Book  
What to Take for Arthritis Pain  
When the Doctors Says Cut Down On The Salt

## Materials From Other Organizations

### **American Cancer Society – Franklin County Division: 614/324-5305**

A Parent's Guide to Skin Protection  
ABC's of Breast Health  
Cancer Facts for Men  
Cancer Information for Women  
Choices for Good Health  
Cooking Smart  
Eat Smart with Fruits and Vegetables  
Good for You: Reducing Your Risk of Developing Cancer  
Guidelines for the Early Detection of Cancer  
Guidelines for the Early Detection of Prostate Cancer  
Healthy Eating Cookbook: A Celebration of Food, Friends, and Healthy Living  
Healthy Kids Network  
Informacion sobre el cancer para las mujeres (Cancer Info Women)  
Informacion sobre el cancer para los hombres  
It's Your Skin. Wear it Well  
Living Smart: The American Cancer Society's guide to eating healthy and being active  
Living Smoke-free For You and Your Baby  
Los ABC de la salud del seno (ABC's of Breast Health)  
Meeting Well; A Tool for planning healthy meetings and events.  
Ohio Cancer Facts and Figures 2002  
Patient Info for Breast Cancer Treatment & Recovery  
Preguntas y Respuestas relacionadas con el cancer se seno  
Quit Smoking for a Day  
Smart Steps: Guide to Being More Physically Active  
The Cold Hard Facts about Dip  
The Smoke Around You  
Tome Control  
When Smokers Quit

### **American Diabetes Association- Ohio: 614/436-1917**

Could You Be At Risk for Diabetes  
Cuide su Salud...Cuide su Diabetes  
Diabetes Youth Program: It Should Be Great to be a Kid  
Diabetes: What You Need to Know From Head to Toe  
El Canal de la  
Feeding Kids Isn't always Easy: Tips for Preventing Food Hassles  
If You Have Diabetes You Are At Risk For A Heart Attack  
La Guia Piramide de Alimentos

### **American Heart Association – Columbus Metro: 614/848-6676 or 800-282-0291**

Airway, Breathing, Circulation  
Controlling Your Risk Factors  
Easy Tips for Heart-Healthy Eating  
Exercise and Your Heart, A Guide to Physical Activity  
Just Move  
Learn & Live Quiz  
Nutritious Nibbles

Smoking and Your Risk of Stroke  
Tips for Eating Out  
Understanding Stroke  
Understanding Stroke

**BRAVO: 614/268-9622**

GBT Men and Domestic Violence  
LBT Men and Domestic Violence  
Safety  
Sexual Violence

**CDC (Centers for Disease Control & Prevention)**

<http://www.cdc.gov/ncidod/diseases/hepatitis/resource/brochures.htm>

Como Vivir Con La Hepatitis B Cronica  
Evite La Hepatitis A  
If You Have Hepatitis C

**CDC – National Center for Injury Prevention & Control**

[www.cdc.gov/ncipc/pub-res/pubs.htm](http://www.cdc.gov/ncipc/pub-res/pubs.htm) or 1-770-488-1506

A Tool Kit To Prevent Senior Falls  
Check for Safety, Home Fall Prevention

**CDC – 888/231-6405**

Healthy Kids. Healthy Families. Physical Activity Can Make the Connection

**Children’s Hospital Poison Control Center: 614/ 722-2635**

Be Poison Smart  
Posion Control Center Stickers  
Su Poison Control Center

**Choices: 614/ 258-6080**

Choices: Eliminating Domestic Violence  
There is No Excuse for Abuse

**Epilepsy Foundation: 614/228-4401 or 800-878-3226**

Introducing H.O.P.E. An Innovative New Educational Initiative  
No Label Required. Teens Talk Straight About Epilepsy  
Primeros Auxilio para Ataques Epilepticos (First Aid)  
Seizure First Aid  
Seizure Recognition and First Aid  
Serving People with Epilepsy in Central Ohio  
Sobre La Epilepsia (What is E.)  
Yo Tambien Tengo Epilepsia (I have E. too)

**GlaxoSmithKline: 866/475-8222**

Inmunizacion Infantil, Lo que necesitan saber los padres  
Tu Bebe, SANO

**National Cancer Institute:**

[www.cancer.gov/cancer\\_information/](http://www.cancer.gov/cancer_information/) or 1-800-4-CANCER (22-6237)

Having a Pelvic Exam and Pap Test

Los Mamogramas  
Mammograms, Not just once, but for a lifetime  
Men Eat 9 A Day

**NIDCR: National Institute of Dental and Craniofacial Research**

[www.nohic.nidcr.nih.gov/orderform.html](http://www.nohic.nidcr.nih.gov/orderform.html) or 301/402-7364

A Healthy Mouth for Your Baby (English & Spanish)

Seal Out Tooth Decay (English & Spanish)

**NIH/ Nat Int. of Child and Human Development:**

[www.nichd.nih.gov](http://www.nichd.nih.gov) or 1-800-370-2943

Babies Sleep Safest On Their Backs (SIDS)

Reduce the Risk if SIDS (AA Campaign)

Sindrome de Muerte Infantil Subita

Sudden Infant Death Syndrome: A Video on Helping To Reduce The Risk

**NIH/ National Institute on Alcohol and Alcoholism: [www.nofas.org](http://www.nofas.org) or 800/66-nofas**

Drinking During Your Pregnancy

**Ohio Health- Sexual Assault Response Network of Central Ohio: 614/566-5847**

RAINN: Rape, Abuse, and Incest National Network Hotline

Rape Hotline Cards

Sexual Assault Intervention, Education and Prevention Services

**Office of Women's Health Services/ USDHHS: [www.4woman.gov](http://www.4woman.gov) or 800/944-woman**

A Lifetime of Good Health, your guide to staying healthy (English, Spanish & Chinese)

**Paternity Enhancement Program: 1-888-810-OHIO**

Unmarried Parents: Should You Acknowledge Paternity

**United States Dept. of Agriculture, Team Nutrition Program:**

<http://www.fns.usda.gov/tn/Resources/NTISform/ntisform.htm> or 703-305-1624

10 Steps for Parents, Make Physical Activity Easy

10 Steps For Parents: Healthy Eating at School

Using the Dietary Guidelines for Americans

Go, Glow, Grow Activity Book (English & Spanish)

**If the title you are looking for does not appear on this list then additional copies beyond the set limit on the shelves are not available.**

For more information, please contact:

Jayne Moreau

Project Director for the Community Health Resource Center

Office of Health Promotion, Columbus Health Department

(614) 645-7213

[jcmoreau@columbus.gov](mailto:jcmoreau@columbus.gov)



**COLUMBUS HEALTH  
DEPARTMENT**